



Fort Sam Houston

News Leader[®]



Vol. 35, No. 9

Fort Sam Houston — Home of Army Medicine

February 28, 2002

Briefs

FSH ISD Board meeting today

The Fort Sam Houston ISD Board of Trustees will meet today at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

MEDCOM celebrates Black History Month, today

Medical Command will celebrate Black History Month on today at 10 a.m. in Bldg. 2792, second floor, Marvin Wood Auditorium. The public is invited.

'It's Not Easy Being Green,' Conference, March 1

A conference for spouses by spouses will be held March 1 at the Roadrunner Community Center from 7:45 a.m. to 2:30 p.m.

Foulois Ceremony, March 4

The Military Order of the Daedalians will sponsor a ceremony to commemorate the 92nd anniversary of the Foulois flight. The ceremony will be held March 4 at 11 a.m. at the main post flagpole. The public is invited.

2002 AER Fund Drive Meeting, March 6

The 2002 Army Emergency Relief Fund Drive "Kick-Off" meeting will be held March 6 at 10 a.m., Roadrunner Community Center, Bldg. 2797. Project officers and key person are required to attend.

Celebrate Government Hill, March 9

Historic Government Hill will celebrate with a dance festival on March 9, from noon to 6 p.m., along North New Braunfels Ave. (between IH 35 and Grayson Street.) Admission is free and the public is invited.

Soldiers showered ...



Photo by Edward Rivera

... with information

▲Dr. Madison Patrick, instructor at the Chemical, Biological, Radiological, Nuclear and high-yield Explosive (CBRNE) Trainer/Controller course, demonstrates the use of a portable decontamination shower on Thursday. For more on CBRNE training see Pages 16 and 17.

Center Brigade graduates first 91W class

By Phil Reidinger
Fort Sam Houston Public Affairs

Alpha Company, 232nd Medical Battalion graduated 184 soldiers on Friday who successfully completed the 16-week 91W military specialty course curriculum. In addition to combat medic skills, the soldiers all completed the national Emergency Medical Treatment certification.

Alpha Company commander, Capt. Greer Evans Christopher, commended the students for giving 100 percent during training to meet the demands of a warrior spirit. "You are all now ready to face the challenges of serving our nation," she said.

Maj. Gen. Kevin C. Kiley, Army Medical Department Center and School and Fort Sam Houston commander, gave the commencement address. "This day has been four years in planning and execution. Do the very best you can. That is all America can ask of you," he emphasized to the students.

Kiley told the graduates that the combat medic is in the front of the Army's medical system. He noted that the Army Medical Command team working around the world in hospitals and throughout the medical system is



See 91W on Page 5

JTF-O earning 'gold medal' for performance



Rumsfeld

By Staff Sgt. Jeffery S. Mulcahy
Joint Task Force - Olympics Public Affairs

Visiting with troops assigned to the Joint Task Force - Olympics in Salt Lake City, Utah, Secretary of Defense Donald Rumsfeld said that the service provided by the JTF-O has been a 'gold medal' performance.

Rumsfeld, along with JTF-O Commander Army Brig. Gen. J.D. Johnson and Utah Governor Mike Levitt, took time Feb. 20, to meet troops at the Great Basin Life Support Area, one of eight locations in which military people are being housed and fed during their stay there. The troops are working in support of the Utah Olympic Public Safety Command.

Nearly 5,000 service members representing all branches of the services and from the active, reserve and Guard components make up JTF-O.

See Gold on Page 5

ACS sponsors 'Its Not Easy Being Green' conference

By Phil Reidinger
Ft. Sam Houston Public Affairs

The Army Community Service is sponsoring a spouse development conference tomorrow from 7:45 a.m. to 2:30 p.m. at the Roadrunner Community Center.

Child care will be available and lunch is included in the \$5 registration fee. Spouses of all ranks and genders are invited. A barbershop quartet will add to the fun and entertainment during the lunch break.

Call Army Community Service at 221-2705 to register. The conference registration form is located on page 9.

See Green on Page 6



"This is important business for Fort Sam Houston. I encourage spouses however they may be associated with Fort Sam to attend. I think they will enjoy it and the conference will benefit them."

Maj. Gen. Kevin C. Kiley

Top NCO: budget good start for quality of life

By Joe Burlas
Army News Service

In testimony before the Senate Armed Services Subcommittee on Personnel Feb. 13, Sgt. Maj. of the Army Jack L. Tilley said this year's Department of Defense budget is going a long way in helping to improve soldiers' quality of life, but there is still room for improvement in future funding.

Both Senate and House of Representative Armed Services Committees heard from service secretaries, chiefs, senior enlisted advisors and military spouses in separate sessions during the first two weeks of February as committee members deliberated over the proposed fiscal year 2003 DoD budget.

"One specific area of concern would be our barracks in Korea," Tilley said. "While there has been notable progress in all theaters, I still feel it will be too many years before soldiers in too many parts of Korea see the kind of housing improvements that are becoming common elsewhere. The differences I see there between today and when I served there as a first sergeant 14 years ago are remarkable, but the area still needs your attention to help ensure soldiers enjoy reasonable quality of life

while (stationed) there." However, the proposed budget will bring up the implementation of the 2+1 barracks standard — two private rooms with one shared bathroom — to about 77 percent across the Army, he said. The goal is to have all Army barracks meet the 2+1 standard by 2009, Tilley said.

Another area needing continued Congressional support, Tilley said, is funding for restoration and modernization of facilities and infrastructure. He cited an \$18 billion repair and maintenance backlog due to funding last year at only 63 percent of the Army's identified needs. This year, the budget funded about 93 percent of the requirements.

"The buildings, motor pools and recreation facilities where soldiers work, train, eat and relax are nearly as important as the rooms and housing units they live in," Tilley said.

"As is the case with pay," Tilley continued, "housing and infrastructure impact our soldiers' morale and re-enlistment decisions in a great many ways."

Among the items Tilley thanked the senators for were supporting improvements in medical care due to increased funding and a

significant pay raise. "I wish you and other lawmakers could have stood with me among our soldiers in recent months and heard the responses I received as I put to them this very simple question: 'Did you hear about your pay raise?'" Tilley said. "I trust you'll believe me when I say it brought the house down. Often I say that our soldiers and families know what's real and what's Memorex, and I assure you this pay raise sends a very real message about how much their nation needs and appreciates them."

In closing his testimony, Tilley recognized the real contributions activated reserve-component soldiers make for the Army and nation. He asked the senators to consider these citizen-soldiers' sacrifices when reviewing future requests for adjustments in benefits and entitlements for them.

During an interview following his Senate testimony, Tilley said that while he will continue to push for better pay, housing and medical care for soldiers and their families, next year he plans to push for improvements in the Noncommissioned Officer Education System.



Sgt. Maj. of the Army
Jack L. Tilley

Fort Sam Houston News Leader

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Army Medical Department
Center and School and
Fort Sam Houston Commander
Maj. Gen. Kevin C. Kiley

Garrison Commander
Col. Douglas Biggerstaff

Public Affairs Officer
Phillip Reidinger
Editor
Yolanda Hagberg
Staff Writer
Edward Rivera
Layout Artist
Erin Barney

Old Guard Drill Team practices here for Fiesta 2002

By Master Sgt. Don Thomas
Special to the News Leader

The Old Guard's U.S. Army Drill Team wrapped up its visit to Fort Sam Saturday after a three-week prep for its performance at Fiesta 2002, San Antonio's annual city-wide celebration. During their annual training here they perfected a new drill especially for Fiesta fans.

The Drill Team is one of several military ceremonial units Fifth U.S. Army has invited to perform during Fiesta, April 19-28.

As one of the 3rd U.S. Infantry's renowned specialty units, the Drill Team has earned international acclaim through its breathtaking routines with bayonet-tipped 1903 Springfield rifles. Organized to support The Old Guard's ceremonial commitments, the Drill Team has thrilled millions of youngsters and proud Americans for more than 25 years with their daring and complex performances.

They will perform at high schools, museums and various downtown San Antonio venues as well as being featured at Fiesta's Fort Sam Houston Day. When not performing for the president or visiting dignitaries and heads of state, the Drill Team travels extensively supporting Army recruitment, acting as "good-will ambassadors" for the Army and participating in major military and civic functions.

Soldiers are selected for this elite team only after six months of rigorous and competitive drill practice. Trim military bearing, strength and dexterity are mandatory for qualification to the Drill Team. For those selected for the team, the rigors of training never stop.

The Drill Team performs a variety of intricate maneuvers that have extremely high risk factors. One such maneuver is dubbed the "daring front-to-rear overhead rifle toss." During the routine, four members of the drill team alternately toss their spinning, 10-pound rifles from the front rank to the back, often as high as 15 feet into the air and 15 feet to the rear. Then four soldiers in the back rank catch the revolving weapons one-handed in a true demonstration of courage and concentration. In most cases, revolution of the rifle ends as the bayonet arcs just past the soldier's right ear.

Drill Team timing must be letter perfect, as all routines are performed without vocal cadence or musical cues. Only the team's superb discipline enables its members to continuously challenge fate, and win.

►Members of the Army's elite Old Guard's U.S. Army Drill Team practice their intricate maneuvers during their recent visit to Fort Sam Houston, in preparation for Fiesta 2002.



Photo by Master Sgt. Don Thomas

Myers: Military prepared to do what President needs

By Jim Garamone
American Forces Press Service

The chairman of the Joint Chiefs of Staff said the U.S. military is prepared to do whatever mission President Bush orders it to do.

Air Force Gen. Richard Myers said the U.S. military "will be ready. We may not have all the preferred munitions in terms of (Joint Direct Attack Munitions) that you'd want, but we have other munitions that we could substitute." He also said that Osama bin Laden is "probably" still alive. Ultimately, the chairman said, he believes America would ultimately capture the terrorist leader.

Myers appeared on Fox News Sunday and ABC's This Week. He said the United States is not concentrating on bin Laden alone. American forces are also hunting for Al Qaeda lieutenants, Taliban leader Mullah Mohammad Omar and his lieutenants.

Helping rebuild army

Myers said U.S. personnel are also undertaking another important mission in helping Afghan officials build a national army. Currently, armed forces in Afghanistan hold allegiance to regional warlords. The national army would report to Hamid Karzai's interim government and its successor regime. A national army would be in charge of maintaining the borders of Afghanistan, Myers said, and would help bring security to the country.

"This quite likely would require American trainers in there for a period of time," he said.



Courtesy photo

"People will not take on — in most cases — the U.S. armed forces directly. We saw that on Sept. 11."

Air Force Gen. Richard Myers

"But in small numbers. We've done this around the world and it doesn't take a lot of troops to do the training mission." In fact, once started, he said, contractors could do much of the training mission. People around the world hope that Afghanistan can capitalize on this chance to establish a functioning government, he said. U.S. work with a national army would help this situation, he noted.

Although Afghan officials would like to see the International Security Assistance Force currently in the Afghan capital of Kabul expand to other cities in the country, Myers said, American troops would not be part of

the force. The United States will, however, continue to provide intelligence support and logistics help to the force.

Hostage situations

Myers also addressed the kidnapping and murder of Wall Street Journal reporter Daniel Pearl. He said this is an example of a threat the United States has lived with for a long time. "People will not take on — in most cases — the U.S. armed forces directly," Myers said. "We saw that on Sept. 11."

He said the U.S. policy on hostage situations has just recently changed. "Instead of just being for Americans on official

work overseas, it now is broadened to any American that is taken hostage," he said. "Then on a case-by-case basis we decide how to react."

Usually the United States would work through the government of the country the incident took place in. The United States would share information and intelligence with the country and work closely with their law enforcement apparatus. "There's always the possibility we may use unilateral action (in this situation) and we would do that in the appropriate cases," Myers said. In the Pearl case, the Pakistani government cooperated fully with American officials. Myers said

the two countries were working as a team.

Hostages in Philippines

Myers said there are two other American citizens being held hostage by the Abu Sayyaf group in the Philippines. The United States is working with the Philippine government and American forces are in the country "to help, advise and train the Philippine armed forces so they can go after the very group that has our two Americans," he said. He said the U.S. forces in the Philippines are there at the invitation of the Philippine government. Thousands of Filipino troops are tracking the Abu Sayyaf group on the island of Basilan. "We are there to help train and advise on things like command and control, communications, intelligence analysis," Myers said. Ten American service members involved in this mission died Feb. 22 when their MH-47 helicopter crashed at sea.

Iran influence

Myers also addressed the charge that Iran is trying to influence tribesmen near its borders. News reports suggest that Iran has funneled weapons and money to warlords near the city of Herat. "The interim government and whatever follows must be allowed to develop their own capability to rule their country and develop services for their country without undue influence from any outsiders," Myers said. "Countries that are trying to influence events (in Afghanistan) are not very helpful right now."

IET students treated to Black History celebration



▲T-Bow Gonzales, drummer for the Anike Dance and Drum Ensemble, sets the rhythm for the members of the dance group's cultural presentation at the Hacienda.

►(Above right) Pvt. Tanya Bell, Company F, 232nd Medical Battalion enjoys the taste of cotton candy during the Black History celebration at the Hacienda Friday.

Photos by:
Ben Paniagua

By Ben Paniagua
Special to the News Leader

Approximately 150 Initial Entry Training students from the 232nd and 187th Medical Battalions sat in rapt attention as they enjoyed a Black History Celebration, a program done in partnership between the Hacienda Recreation Center and the Center Brigade Equal Opportunity Office, at the Hacienda Recreation Center on Friday.

As they feasted on cotton candy, popcorn, ice cream and sodas, the soldiers welcomed the guest speaker of the evening, Dr. Art Arnold, the Director of Human Relations/Equal Opportunity Programs, Fort Sam Houston.

"I am pleased that our nation has chosen to recognize and celebrate the history of the African American culture," stated Dr. Arnold in his opening remarks. "History teaches us that every culture and every society endures good and bad, and it is essential that we continue to learn from our past," he remarked.

The young, highly motivated audience of soldiers was then treated to the Anike Dance and Drum Ensemble, a dance troupe that performs at the Carver Cultural Community Center and tours the San Antonio, Austin and surrounding area educating children and adults alike at public schools about African culture.



Pvt. Marquay Cherry, from Company B, 232nd Medical Battalion remarked, "educational programs are a good thing because they educate people on things they don't know." "It's interesting," he said, "that in a program of this nature, even African-Americans can learn about other races."

A highlight of the evening was when several soldiers were invited on stage to learn the African dances being performed. The audience went wild when

Command Sgt. Major Sandra Townsend, Center Brigade Command Sergeant Major, joined the soldiers and dance troupe on stage.

Pvt. Robin Schaaf, from Company F, 232nd Medical Battalion resounded, "I think it's a great idea to have programs of this nature. Some people come from small towns like I do where we don't have opportunities like this. Its great to get involved with other cultures and learn from them."

Black History Month concludes with strong message

By Edward Rivera
Fort Sam Houston Public Affairs

During the Black History Month closing luncheon held at the Fort Sam Houston Non-Commissioned Officers' Club Monday, attendees were reminded that not only is it black history, it is American history.

U.S. Army Garrison Commander, Col. Douglass A. Biggerstaff in his opening remarks cited several significant black American contributions that made their mark on our nation's history.

The guest speaker was Command Sgt. Maj. Kenneth Russell, command sergeant major for the Great Plains Regional Medical Command and Brooke Army Medical Center. Russell spoke about growing up as the 19th of 22 children. He talked about how his lack of understanding of the civil rights movement caused him difficulty in high school.

Russell entered the Oklahoma National Guard as an Armor-Reconnaissance Scout on September 22, 1972 assigned to Troop E, 145th Infantry Brigade. In August 1973 he completed Basic Combat Training and Advanced Individual Training as an Armor Reconnaissance Scout at Fort Knox, Ken. He joined the regular Army on January 6, 1974.

Highlights of his assignments include Fort Knox, Federal Republic of Germany, Fort Hood, Texas. He has held various positions at Fort Sam Houston to include a Basic Medical Specialist Course and Medical NCO Course instructor. He was Division NCOIC where he was appointed by the United States Army Surgeon General as Enlisted Personnel Proponent Advisor for Military Occupational Specialty 91C. He was also First Sergeant of A Company and C Company, Academy Battalion, Army Medical Department Center and School, and B Company, Brooke Army Medical Center.

His awards include the Meritorious Service Medal 7th Oak Leaf Cluster, Army Commendation Medal, Army Achievement Medal 2nd OLC, NCO Professional Development Ribbon (4), Expert Field Medical Badge and the Navy Meritorious Unit Citation.

Russell explained to attendees that much of his leadership and success came from his first squad leader.

"Although he was white, he showed me how to lead and that being a good soldier wasn't about the color of ones skin but whether they were ready, willing and able to be soldiers," said Russell.

Russell ended with a point that Dr. Martin Luther King stressed. "The bottom line is it's a person's character that is more important than his appearance."



▲Command Sgt. Maj. Kenneth Russell, command sergeant major for the Great Plains Regional Medical Command and Brooke Army Medical Center, shares a story about his childhood during the Black History Month closing luncheon held at the Fort Sam Houston NCO Club Feb. 25.



▲One of many drawings submitted by Fort Sam Houston Elementary School students in recognition of Black History Month.

Photos by:
Edward Rivera

Test your knowledge on Black History

In recognition of Black History Month during February, a series of trivia questions about well-known events and personalities will be published. Last week's winner was Carmen Rivas, AMEDDC&S.

The following are the answers to last week's trivia questions, which appeared on page 13:

1. Mrs. Hattie White
2. The Fresh Prince of Bel Air
3. Br'er Rabbit
4. Florence Griffith Joyner
5. Congress on Racial Equality

The following are the trivia questions for this week:

1. Diana Ross received an Oscar nomination for costume design for what 1975 movie?
 2. Alice Dunnigan, the first black woman correspondent for the White House, covered the campaign for what president?
 3. What African-American novelist won the Pulitzer Prize and the American Book Award in 1983?
 4. Who is the only major-league player ever to have played with an artificial hip?
 5. What was the first black-owned company to be traded on the New York Stock Exchange?
- Answers may be submitted via e-mail to gail.ellis@cen.amedd-army.mil or call Gail Ellis at 221-7709.

Nearly 5,000 service members make up JTF-O

From Gold on Page 1

The service members are providing aviation, communications, explosive ordnance detection/disposal, physical security, and temporary facilities support. After touring the facility, Rumsfeld addressed the nearly 300 service men and women, and media representatives in attendance.

At one point in the question-and-answer period that followed, the secretary made reference to Special Forces. At the mention of the Special Forces, loud Army “whoops” echoed through the cafeteria.

“Oh, we got some partisans here!” Rumsfeld said. “Way to go! Let’s all do it for the Special Forces!” Again, the “whoops” erupted.

The secretary was also asked about the \$310 million spent on defense for the Salt Lake Winter Olympic Games, and whether, financially, “is this the beginning or the end?”

“This is an important world event. And you’re right; we have more people in Utah participating in this Joint Task Force - Olympics and various aspects of it than we do in Afghanistan. And we have that, because it’s such an important event, and because we want to make sure it’s a safe event for the world.”

Donald Rumsfeld
Secretary of Defense

“I would not think that the Winter Olympics in Salt Lake City would be characterized as the ending of having to invest in security, homeland security, or in the war on terrorism,” Rumsfeld said. “This is an important world event. And you’re right; we have more people in Utah participating in this

Joint Task Force - Olympics and various aspects of it than we do in Afghanistan. And we have that, because it’s such an important event, and because we want to make sure it’s a safe event for the world. The secretary said America is fortunate to have such freedoms and opportunities. “And what we do in

providing for our security and contributing to peace and stability in the world is what makes those freedoms and those opportunities possible for us and for the other people in the world,” he said. “And the money we spend (here) is an investment in preserving those freedoms,” Rumsfeld added.



▲ Col. Allen Morgan, Department of Combat Medic Training, presents an award to Pfc. Cristee Schneider recognizing her achievement as Distinguished Honor Graduate, Class 01-02.

From 91W on Page 1

designed to support the combat medic. “The combat medic trained in advanced skills such as EMT certification is more ready today than in the past to go into combat with the infantryman and provide medical support,” he said.

Kiley reminded the graduates about the importance of their training and dedication to

saving lives and care to soldiers and their families by restating a quote by former Army Chief of Staff General Creighton Abrams. Abrams once said. “What America needs, it can not buy. America needs men and women who see service to the nation as an affair of the heart.” Pfc. Cristee Schneider was recognized as the Distinguished Honor Graduate.

Spouse development conference to be held

From **Green** on Page 1

When asked about the focus of the conference Maj. Gen. Kevin C. Kiley, Army Medical Department Centered and School and Fort Sam Houston commander, believes that the conference topics have lots of potential interest to spouses. “This is important business for Fort Sam Houston. I encourage spouses however they may be associated with Fort Sam to attend. I think they will enjoy it and the conference will benefit them,” he said.

The conference opens with a general session titled “Wild, Wild West: a History of Spouses.” This informative and entertaining session will be hosted by Michelle Nacy who studied the history of military spouses while earning her doctorate degree.

Spouses will be able to select two breakout sessions from six individual sessions offered in the morning. In addition to a session on survivor benefits and legal assistance, sessions with titles such as “Polyester Pete”, “Once over Lightly”, and “Hello, are You Hearing Me” will guide spouses through job search strategies, customs and courtesies, and identifying personality types.

Six additional sessions will be presented in the afternoon. Spouses will be presented a choice of two from such topics as “Tadpoles in Transition”, Financial Planning”, and “Super Spouse”. Featured among the afternoon sessions are presentations and discussions on moving with school-age children and decorating on a budget.

The final large group session is titled “Dispelling the Myths” giving all spouses an opportunity to participate in a wrap-up “buzz session”.

It's Not Easy Being Green *Spouse Development Conference*

1 March 2002, 0745-1430, Roadrunner Community Center

REGISTRATION FORM

NAME: _____

ADDRESS: _____

PHONE: _____
(day) (evening)

E-MAIL: _____

LATE REGISTRATION 7:45 a.m. - 8:00 a.m.

LARGE GROUP SESSION (MORNING):
_____ Wild, Wild West: A History of Spouses 8:00 a.m. - 8:45 a.m.

BREAKOUT SESSIONS - MORNING (Choose Two):
_____ Polyester Pete (Job Search Strategies) 9:00 a.m. - 9:50 a.m.
_____ Survivor Benefits and Legal Assistance 9:00 a.m. - 9:50 a.m.
_____ Once Over Lightly (Customs and Courtesies) 9:00 a.m. - 9:50 a.m.
_____ Hello, Are You Hearing Me? (Personality Types) 10:00 a.m. - 10:50 a.m.
_____ A Spouse of One: Exploring My Options 10:00 a.m. - 10:50 a.m.
_____ Meet the Press 10:00 a.m. - 10:50 a.m.

LARGE GROUP SESSION - LUNCH: 11:00 a.m. - 12:00 p.m.
_____ Barbershop Quartet

BREAKOUT SESSIONS - AFTERNOON (Choose Two):
_____ Tadpoles in Transition (Moving with School-Age Children) 12:10 p.m. - 1:00 p.m.
_____ Financial Planning for Spouses 12:10 p.m. - 1:00 p.m.
_____ Hello, Are You Hearing Me? (Personality Types) 12:10 p.m. - 1:00 p.m.
_____ Champagne on a Beer Budget (Decorating on a Budget) 1:10 p.m. - 2:00 p.m.
_____ A Man's Point of View (Male Spouse Perspective) 1:10 p.m. - 2:00 p.m.
_____ Super Spouse (Doing It All) 1:10 p.m. - 2:00 p.m.

LARGE GROUP SESSION: 2:00 p.m. - 2:45 p.m.
_____ Dispelling the Myths (Buzz Session)

CHILD CARE (Call for Details - 221-2705):
_____ YES _____ NO _____ Number of Children _____ Ages
**Return Registration Form and \$5.00 Registration Fee to: Kim Miller, Connie Fretwell, or Rita Dalton, Army Community Service, 2010 Stanley Road, Fort Sam Houston, TX 78234
Call 221-2705 for additional information

Walk or run with FSH Coalition for the Cure

By Janie Thomas
Special to the News Leader

Do you love a celebration? Enjoy the out of doors? Like to support a great cause? Then you will want to participate in the Fifth Annual Komen San Antonio Race for the Cure to be held on Saturday morning, April 13 at the Alamodome. This fun event is a 5K Run/Walk and a 1-Mile Family Fun Walk to raise awareness and funding to fight breast cancer.

The San Antonio Race drew more than 18,000 participants in 2001. Seventy-five percent of the proceeds will be used to provide breast health education, screening, and diagnosis and treatment services to medially underserved in the San Antonio area. Funds also support the Foundation's International Grant Program.

This year, organizers are putting together a Fort Sam Houston Coalition for the Cure. As part of the Coalition, you can sign up with your organization's team, create your own team, or partici-

pate as an individual. Whatever your preference, by joining the effort, registration and transportation will be easier and Fort Sam Houston can show its support in a big way.

Registration is available online, in person through points of contact, or by mail. The fee is \$17 for adults and \$12 for children. Optional Coalition for the Cure team hats can be ordered at time of registration (except online) for an extra \$6. Deadline for registering through Fort Sam Houston's Coalition for the Cure is March 18. Registration forms are available at the Roadrunner, Bldg. 2797, Stanley Road, or from one of the contacts persons listed below.

Have a question or need a registration form? Feel free to contact one of these organizers:

Babs Kiley at 228-9553 or by e-mail to bfsbcc@aol.com

Susie Ferrise at 916-2261 (BAMC)
Sandy Terrazzino at 916-4457 (BAMC)

Janie Thomas at 221-6245 (AMEDD Center & School)

See form on Page 9

Health Promotion Center March Class Schedule

Class	Date	Time
Cholesterol & Lipids	4	9 to 11:30 a.m.
Diabetes Awareness Group	4	10 to11 a.m.
COPD Part 1	4	1 to 4 p.m.
Aerobics	5	11 a.m. to noon.
Diabetes Education ¹	5	12:45 to 4 p.m.
Breast & GYN Cancer Support Group	6	9 to 11 a.m.
Office Yoga	6	Noon to 1 p.m.
Fibromyalgia Support Group	6	1 to 3:30 p.m.
Aerobics	7	11 a.m. to noon
Stress Management	12	10 to 11:30 a.m.
Aerobics	12	11 a.m. to noon
Diabetes Education ¹	12	12:45 to 4 p.m.
Office Yoga	13	Noon to 1 p.m.
Fibromyalgia Self-Help Session 1 ²	13	1 to 3:30 p.m.
Self-Care & Health	14	9 to 11 a.m.
Aerobics	14	11 a.m. to noon
Body Fat Testing	15	8 to 11 a.m.

Note: ¹Schedule Diabetes Education through the Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select Option 2. ²Fibromyalgia Self-Help requires a consult to Behavioral Medicine Clinic.

ITBC's solutions man has the answer

Q: I have a funny looking key on the bottom of my computer keyboard. What is it used for?

A: You're probably referring to the Windows logo key. The Windows logo key is located on the bottom row of most computer keyboards. You can use it as a shortcut anchor for the following commands, give them a try:

Windows key: Displays the Start menu

Windows + F1: Displays the Windows Help and Support Center

Windows + D: Minimizes or restores the active window

Windows + E: Displays the Windows Explorer

Windows + F: Displays Search for Files and Folders

Windows + L: Locks the workstation (XP only)

Windows + R: Displays the Run dialog box

Windows + U: Opens the Utility Manager

Windows + Break: Displays the System Properties dialog box

Windows + Shift + M: Un-

minimizes all windows

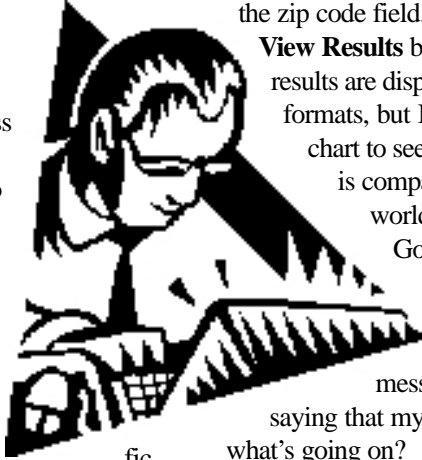
Windows + Ctrl + F: Displays Search for Computers

Q: Why is our Internet access so slow sometimes?

A: Network congestion is the most frequent cause of slowdowns on the Internet. Imagine the Internet as a highway system, on the network you connect to your URL through a number of physical networks. The device that directs traffic between these net-

works is called a gateway. The various gateways that data must pass through to get from one place to another are just like cities or towns along a highway. Just as traffic jams tend to occur near or inside of big cities, data traf-

jams tend to happen at gate-



ways throughout the Internet. The only difference is that you can see cars stuck in a traffic jam, but can't see data stuck in a data traffic jam!

You can check the quality of your link by pointing your web browser to <http://bandwidthplace.com/speedtest>. Click the green button that says "start this test for high speed ex: T1, DSL, cable". Select **T1 or better** in the "your connection" field and **Mid US** in the "your region" field, then type "78234" in the zip code field. Now click the **View Results** button. The results are displayed in several formats, but I prefer the bar chart to see where my speed is compared to the worldwide average. Good luck!

Q: I keep getting an error message in Outlook saying that my mailbox is full, what's going on?

A: According to Jerry Condra,

e-mail administrator at ITBC, the average mailbox is about 15 megabytes. You'll normally get a warning if you exceed 15Mb. At 20Mb you won't be able to send e-mail, and if you're like me sometimes you've probably pushed the envelope by exceeding the 50Mb limit. At this point you won't be able to send or receive anything at all!

The easiest way to fix this is to move your e-mail messages into a personal folder. Don't forget to include your Sent Items as well. Once you've done this, right mouse click the **Deleted Items** folder and select **Empty "Deleted Items" Folder**.

You can also turn on automatic emptying of the Deleted Items folder by going to the **Tools** menu, click **Options**, and then click the **Other** tab. Select the **Empty the Deleted Items folder upon exiting** check box.

Got a computer question? Send it to Solutions Man at solutionsman@amedd.army.mil.

Donate blood today

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them.

If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



**The Susan G. Komen Breast Cancer Foundation
RACE FR THE CURE**
Team Member Entry Form

Team Name: Coalition for the Cure
Last Name _____
First Name _____
Address _____
City _____ State _____ Zip _____
Phone (day) (____) _____
E-mail _____
Age _____ Gender _____
____Breast Cancer Survivor (check if you would like a survivor T-shirt and cap)
T-shirt size:
____Child’s Medium
____Adult ____Small ____Medium ____Large
____XL ____XXL
Registration: Deadline – March 18
See Point of Contact below to register:
BAMC - Susan Ferrise – 916-2261
Susan.Ferrise@cen.amedd.army.mil
Sandy Terrazzin, 916- 4457
Sandra.Terrazzino@cen.amedd.army.mil
Spouse - Babs Kiley, 228-9553 or bfshcc@aol.com
ISD Amy - Cichon, 885-5586
A.Cichon@fort-sam-houston.k12.tx.us
Sweathearts Marilyn Nowlin, 916-2261
AMEDDC&S - Janie Thomas, 2216245
jane.thomas@cen.amedd.army.mil

All other Coalition participants, Babs Kiley, 228-9553
Via Mail: Babs Kiley, 8 Staff Post Road, FSH, TX 78234

Team Captain _____
Race Fees: Write checks payable to Komen San Antonio
Race for the Cure
____ \$17 Adults, if registered by team deadline March 22
____ \$12 Kids 14 and under at all times
____\$3 Additional competitive timing
(Breast cancer survivors’ timing is free)
Tribute for _____
\$ _____ Friends for the Cure donation.
\$ _____ Optional Addition Donation (tax deductible)
\$ _____ Total Enclosed Check No.: _____

Race Waiver and Release (Must be signed by participant) I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this even and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event. I hereby release and hold harmless and covenant not to file suit against the Susan G. Komen Breast Cancer Foundation, Inc. It’s local affiliate and any affiliated individuals. The Komen San Antonio Race for the Cure and any affiliated individuals, any race sponsors and their agents and employees, and all other persons or entities associated with this event (The “Releases”) from any loss,

liability or claims I may have arising out of my participation in this event. Including personal injury or damage suffered by me or others, whether same be caused by falls, contact with participants, conditions of the course, negligence of the releases or otherwise. If I do not follow all the rules of this event, I undrestand that I may be removed from the competition. I give my full permission to the Komen Foundation and its local affiliates and races and their sponsors and corporate sponsors to use any photographs, videotapes, or other recordings of me that are made during the course of this event. Notice of Drug testing: Participants of this competition may be subject to formal drug testing in accordance with USA T&F and IAAF Rule 144. Participants who refuse to be tested or who test positive for banned substances will be disqualified from this event and will be ineligible for future competitions.

Signature _____

Parent’s /Guardian’s Signature if under 18 years of age. _____
Date _____

Please return this form to your team captain _____ by March 18.

White Plume awarded to CABBC director

By Edward Rivera
Fort Sam Houston Public Affairs

Since 1982 the Order of the White Plume has only been awarded to 231 Morale, Welfare and Recreation professionals. Although it took six months to be awarded, James R. Evetts was finally awarded this high honor for his career achievements as an MWR team leader.

Although large in stature, his physical size is no match for the greatness of his heart and his desire to do the most he can for soldiers and their families.

“My purpose here is to take care of soldiers and their families,” said Evetts, Community Activities Business Center director. “But without a strong team I could never have achieve the successes I have had throughout my 32 years.”

Evetts began his career as an auditor in the Fort Sam Houston Internal Review Division in 1970. It was there that he gained the experience and knowledge of the Army’s Appropriated Fund system at a time when the programs and services were transitioning to a more business based operation.

“As an auditor I was familiar with most of the Non-Appropriated Fund organizations. This put me on the ground floor and gave me good insight on how to pull it all



▲James R. Evetts, Fort Sam Houston Community Activities Business Center director, with spouse Sandra, is awarded the Order of the White Plume by Lt. Gen. James B. Peake, U.S. Army Surgeon General .

together,” said Evetts.

In 1984 Evetts became the assistant director of Community and Family Activities. Evetts’ appropriated fund expertise, superior management, and business prowess helped make Fort Sam Houston one of the most fiscally healthy MWR programs in the Army.

His achievements and service to the military community have been recognized by the Commander, Fifth United States Army through

conferral of the Commander’s Award for Civilian Service. In addition he received the Order of Military Medical Merit for, “dedicated application of talent resulting in significant exemplary contribution to the Army Medical Department.”

On March 23, 1994, Evetts’ expanded his support from Fort Sam Houston soldiers to Fort Bragg, N.C. soldiers and their families during one of the most trying moments in his career and

the Army’s history.

On “Green Ramp” at Pope Air Force Base, N.C. an aircraft accident involving two aircraft attempting to land simultaneously and a C-141 preparing to on-load paratroopers from Fort Bragg.

The resulting crash caused a fire bringing death or injury to more than a hundred paratroopers. The intensity of the fire caused many paratroopers to suffer burns requiring specialized care at the U.S. Army Institute of Surgical Research (Burn Center) here.

Evetts and the Fort Sam Houston DCA Team were called upon to activate the Family Assistance Center to receive 43 patients and 120 family members.

“We set up a 24-hour operation to assist the families at the Roadrunner Community Center which operated for four months,” explained Evetts. “One special aspect to Fort Sam Houston is that during times of crisis or need the community here excels in order to take care of Army families.”

When talking about “Green Ramp” Evetts’ eyes became red as the nature of the tragedy affected what he called his “second family.” The soldiers he supports and the team he has worked with day in and day out.

“I say they’re my second family because when you spend so much time together with those you work with it is like a big family. You become dedicated to each other as

you are to your mission of helping all soldiers and their families.”

Evetts continued superb leadership resulting in significant improvements in Quality of Life programs and facilities at Fort Sam Houston. Major construction projects for \$35 million have been built during his tenure. In addition to the projects, approximately \$5 million local NAF dollars have been spent building another Youth Center, installation of a Golf Course Irrigation System, construction of a Golf Maintenance Facility, and Golf Cart Paths for the Golf Course, as well as renovations of other facilities.

According to Evetts he sees himself as a facilitator, setting goals and facilitating the attainment of them. But in all he sees his success as the success of a team of dedicated professionals.

“I’ve been lucky enough to build a strong team that, like a strong family can weather the tough times.”

Evetts has managed to see Fort Sam Houston’s MWR program grow to become self sufficient, build strong facilities for it’s soldiers use, and in the process set a benchmark for other installations to attain.

“It’s been a quick 32 years,” Evetts said. “It seems like only a few weeks ago I stepped into a building that is no longer there, and began what has been a rewarding career here at Fort Sam Houston.”

BAMC enters agreement with AFGE Local 1033

By Arcy Longoria
Special to the News
Leader

The staff of Brooke Army Medical Center witnessed the signing of the labor agreement between BAMC and American Federal Government Employees Local 1033 on Jan. 29. The two jointly resolve that a continuing relationship between labor and management as partners is essential to the organization and to the future in the competitive era of providing health care.

Brig. Gen. Daniel Perugini, BAMC commander, stated that this is a voice for the professional people and fosters a good relationship for the betterment of the organization. "There was a lot of work in a

three month period by key players in making this happen," said Perugini.

The signing of this labor agreement is a testament of everyone's ability to work in harmony in addressing issues while considering the interests of both parties. This is a model labor agreement that will be used as a basis of cooperation for years to come.

Perugini stated that the labor agreement is a very important document and those represented by it should become familiar with it and use it. "I am in total support of this agreement and on the issues it contains," he said.

Thomas Sternberg, president of AFGE Local 1033, thanked



Photo by Mike Dulevitz
▲ Brig. Gen. Daniel Perugini, commander Brooke Army Medical Center and Thomas Sternberg, president of AFGE Local 1033, sign a labor agreement between BAMC and the union representing members of BAMC's professional staff.

everyone involved for their support and is looking forward to working with management as it pertains to this significant document. Local 1033 Union Offices are located on the 7th floor in rooms 713-14

and 713-15. The 1033 Union Steward can be reached using pager 513-1974 or calling 916-6257. The office fax line is 916-6231.

For more information:
▼
Call the 1033 Union Steward at 221-1213(pager) or 916-6257.

Employees of the Quarter Luncheon set

A luncheon honoring the Fort Sam Houston Employees of the Quarter for the first quarter of FY 2002 will be held at the Fort Sam Houston Officer's Club March 5, 11:30 a.m. to 1 p.m. Tickets are \$7 and must be purchased in advance.

Call Lisa Rowell at 295-0266 or contact one of the individuals listed below to purchase a ticket:

AMEDDC&S - Mary Witt, 221-6471
USAG/PWBC -

Melinda Huizar, 221-4824
USAG/CABC - Terry Frost, 221-0651
Fifth U.S. Army - Isabel Vance, 221-2251
BAMC - Jeanette Jonietz , 916-5113
The following Fort Sam Houston employees will be honored at the luncheon:
Carmen Pohler, MEDCOM.
Linda Wenk, AMEDDC&S.
William Havlic, Fifth U.S. Army.
Charles Kennedy, U.S. Army Garrison.

- Cole Tennis Teams at Kerrville Tivy Tournament - TBA

March 8 - Parents are invited to view an exhibit of student work in the Cole Media Center as well as visit classrooms.

Winter awards ceremony at Cole

Robert G. Cole Junior/Senior High School will hold it's Winter "C" Awards on March 4 at 6 p.m. at the school's Thomas E. Mosley Gymnasium. The awards ceremony is held to honor students participating in soccer, basketball, swim team, spelling, impromptu speaking, modern oratory, oral reading Junior High UIL, JROTC, and Academic Decathlon. A reception will follow in the school cafeteria. Interested volunteers call Karen Bagg at 212-5359.

Student takes first place in art show

Congratulations to Robert G. Cole High School sophomore, Christopher Gross, whose wire sculpture placed first in the Sculpture Division of the Western Art Show and earned the right to be auctioned for college scholarship funds. Auctioned last weekend at the San Antonio Stock Show and Rodeo, Chris's sculpture was chosen from hundreds of entries.



Gross

Entitled "Night Rider," his sculpture sold for \$1600 and was displayed in the Hall of Fame located on the Freeman Coliseum fair grounds.

Cole senior tops academics and sports



Bannon

Robert G. Cole High School senior Becky Bannon was selected to this year's Volleyball Academic All-State Team. Bannon was one of only 40 athletes in Texas UIL AA Volleyball competition to maintain a 98 or higher GPA. Besides her academic achievements, Bannon has been a four-year varsity letterman on Cole's volleyball, girls basketball, and track teams. She lettered three years on Cole's Varsity Tennis Team. As a volleyball standout, she earned 1st Team All District honors as both junior and senior and 2nd Team All District as a sophomore. Currently captain of the girls varsity basketball team, she was named to the All District 1st Team for basketball as a sophomore. In track she was the Long Jump district champion and the Triple Jump Regional qualifier last year while also earning the Doubles District Tennis title. A member of Cole's National Honor society and 2nd vice president of IMACT Partners, Bannon plans to attend Southwest Texas State University next year.

Post worship schedule

Protestant

Sunday:
8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398
9 a.m. Traditional Service, Installation Chaplain's Office, Bldg.2530
9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
10 a.m. Service, BAMC Chapel
10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
11 a.m. Service, AMEDD Regimental Chapel
11:15 a.m. Gospel Service, Evans Auditorium
12:30 Spanish Service, AMEDD Regimental Chapel

Wednesday:
9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
12 p.m. Bible Study, Dodd Field Chapel
12 p.m. Service, BAMC Chapel

Catholic

Saturday:
5:30 p.m. Mass, AMEDD Regimental Chapel

Sunday:
8:30 a.m. Mass, BAMC Chapel
9:15 a.m. Mass, Dodd Field Chapel
9:15 a.m. Mass, AMEDD Regimental Chapel
11:15 a.m. Mass, BAMC Chapel
*12:45 p.m. Mass, Dodd Field Chapel
*Bilingual Mass on 1st Sunday of the month (For information call 590-6593).

Weekdays:
11 a.m. Mass, BAMC Chapel
11:30 a.m. Mass, AMEDD Regimental Chapel

1st Friday:
9 a.m. Mass Catholic Women, Dodd Field Chapel

Jewish

Friday:
8 p.m. Service, Dodd Field Chapel
8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

Mormon

Sunday:
10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium

Wednesday:
7 p.m. LDS Studies, Bldg. 1350, Room 1

Muslim

Sunday:
10:30 a.m. Religious Education, Bldg. 607A, Infantry Post

Friday:
1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post

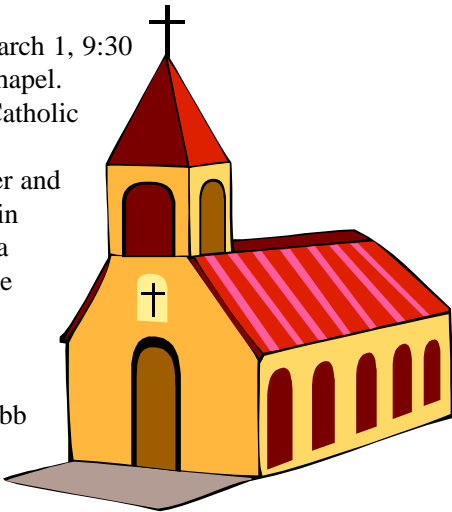
Thursday:
8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

Note: The Post Gift Chapel is closed for renovations. Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.



‘Challenged to Reconcile’

World Day of Prayer, March 1, 9:30 to 11 a.m. at Dodd Field Chapel.
Join the Protestant and Catholic Women of the Chapel in an ecumenical service of prayer and time of fellowship as we join others around the world in a prayer service written by the women of Romania.
Prayer begins at 10 a.m. Childcare will be provided.
For information, call Robb Wood at 221-5428.



Get smart and stay smart

"We need not only to get smart with training and continuously exercising our responses, but also stay smart by continuous education and process improvement."

Maj. Gen. Kevin C. Kiley



▲ Soldiers learn the correct procedures for managing casualties contaminated with chemical, biological or radiological agents as demonstrated by CBRNE instructor, Charley Ruppert.

MEDCOM trainers spearhead emergency response training

By Edward Rivera
Fort Sam Houston Public Affairs

Putting into action the Army Surgeon General's vision for enhancing the U.S. Army Medical Command's ability to support Homeland Security, representatives from all Army military training facilities attended a Chemical, Biological, Radiological, Nuclear and high-yield Explosive (CBRNE) Trainer/Controller Course Feb. 20-22 at the Holiday Inn Select near the San Antonio Airport.

"This course is one piece of an extraordinary CBRNE training

emphasis that is impacting every course and professional conference presented by the Army Medical Department Center and School," said Maj. Steven A. Cima, training coordinator.

Teams of physicians and emergency medical technicians, all certified by the Department of Justice's Center for Domestic Preparedness instructed the first two days of the course. Instructors from the AMEDDC&S, Brooke Army Medical Center, and Medical Command presented the final half-day of training.

The 226 attendees broke down into four groups during the first two days, which provided the latest Homeland Security training as it is being offered to civilian medical facilities. The training included a display of the latest decontamination and personnel protective equipment.

"This course was designed to clarify MEDCOM's expectation for Army military training facilities to support Homeland Security," said Cima.

The audience of physicians, nurses, physician's assistants, and emergency planners were schooled on both clinical aspects of

managing CBRNE casualties and the organizational aspects of managing CBRNE mass casualty emergencies.

"This is just a beginning," said Dr. Madison Patrick, Chief Medical Officer and instructor for EAI Inc., a Department of Defense contractor. "Although this training was an excellent opportunity, every one needs to go back and continue their education through research and experiences gained by others."

According to Patrick, when a real situation arises, help will be needed quickly and the civilian community will look to the military for both logistical support and as a source of knowledge and information.

Attendees were provided with materials necessary to deliver mandated CBRNE instruction to their medical treatment facility staff. In addition, these new trainers will supply their facility's planners, requirements to prepare CBRNE emergency plans and exercise scenarios with guidance in the conduct and evaluation of the CBRNE response exercises now required by the Army Surgeon General.

Within the information-laden course, members realized the knowledge they were receiving led to more questions. One of the biggest issues raised dealt with community resources available and the logistics

involved when civilian and military entities come together.

"When formulating a mass casualty plan dealing with CBRNE you have to know what you have to work with," said Tim Farrell, EAI Corporation instructor and retired New York City Police Officer. "Once you have established what you have, then you can set up a plan and arrange for the logistic support of the plan."

Farrell also stated that there was no national standard for CBRNE equipment, which makes it so much more important for planners to be aware of their resources in order not to be caught off guard.

Thursday afternoon the hotel's parking lot was a hub of activity as students observed demonstrations of the latest patient decontamination systems and personnel protective equipment.

Not only is this training being incorporated at Army installations nationwide, but also every AMEDD Initial Entry Training course field training exercise will incorporate patient decontamination.

According to Cima, new equipment is being purchased for



▲ Training was filmed by the Army medical department's visual information mobile TV studio for further training use.

the FTXs, and CBRNE training is being incorporated into every AMEDDC&S course.

"Since the CBRNE training is tailored and scaled to the specific course concerned, the impact is minor in some courses and fairly significant for others."

During the opening remarks Maj. Gen. Kevin C. Kiley, commander Army Medical Department Center and School and Fort Sam Houston expressed his expectation of the Medical Command taking a visible lead in CBRNE training and preparedness.

"We need not only to get smart with training and continuously exercising our responses, but also stay smart by continuous education and process improvement," said Kiley.

▼ Retired New York police officer Tim Farrell, CBRNE instructor, demonstrates the inner workings of a protective mask.





▲Robert Hailey, CBRNE instructor, demonstrates the proper adjustment for the protective mask worn by Dr. Madison Patrick.

“This is just a beginning. Although this training was an excellent opportunity, every one here needs to go back and continue their education through research and experiences gained by others.”

**Dr. Madison Patrick,
Chief Medical Officer and
instructor for EAI Corp.,
a DoD contractor**

Photos by:
Edward Rivera



▲Attending soldiers observe the procedure and types of protective clothing civilian first responders would employ during CBRNE terrorist incidents.



▲Randy Bright and Jim Kolch, demonstrate the setup and operation of portable decontamination showers.
▼Dr. Madison Patrick gets a final checkout by Robert Hailey before entering the decontamination shower.

New CBRNE training mandatory

In December 2001, The Army Surgeon General and AMEDDC&S commander set a goal to include Nuclear, Biological, and Chemical training in every AMEDDC&S numbered course, to include PPSCP training. All PPSCP courses starting after March 9 will include Chemical Biological Radiological, Nuclear and High Explosive course content. Applicants must complete Internet Course 081-CBRNE-W, Introduction to CBRNE. Apply at <http://atrrs.army.mil>, under Self-Development. Course is programmed to be online on or about March 15. Instructions will be provided when the application is accepted. Completing this training is a requirement before PPSCP course enrollment. Non-Resident Instruction Branch will provide course Project Officers the names of individuals that have completed CBRNE training.



Get in on the action

February, American Heart Month, is time to learn more about cardiovascular disease detection, prevention and treatment

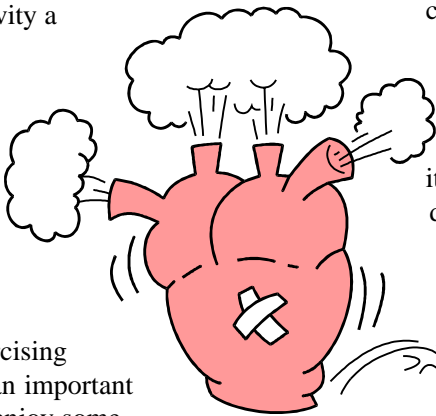
By U.S. Representative Henry Bonilla
23rd Congressional District

Heart attack, stroke and other cardiovascular diseases remain the number one killer in the United States. On an average day in Texas, 150 Texans die due to cardiovascular diseases and stroke. Heart disease has affected my family and, chances are, it may affect many of yours too.

Every year since 1963, February has been designated American Heart Month. This month is the time to learn more about cardiovascular disease detection, prevention and treatment. The American Heart Association has designated this

year's educational message as "Get in on the Action!" urging Americans to make physical activity a part of their daily lives.

There are a few simple things we can all do to reduce the risk of heart disease. Exercising regularly is an important step. We all enjoy some form of exercise. So, whether it's horseback riding, jogging, walking or bike riding, help keep your heart healthy and "just do it!" Other easy approaches to



control heart disease include eating a diet low in fat and high in fiber, and controlling stress. One of the myths surrounding heart attack and stroke is that it is a "male disease." Heart attack and stroke do not discriminate. In fact, heart attack, stroke and other cardiovascular diseases remain the number one killer of American females. Research and education are key to battling and preventing

heart disease. Today, the chances of saving a life and reducing disability from heart disease and stroke are better than ever because of research done in our lifetime. Important discoveries such as life-extending drugs, bypass surgery and pacemakers, have improved the lives of many heart patients. But the fight against heart disease is far from over. Hopefully, with more heart disease research and better education, fewer Texans will fall victim to the disease this year. As with any other health problem, please consult a physician immediately if you, or someone you know, shows any sign of a heart problem. For now, as we



remember American Heart Awareness Month this February, get in on the action and increase your physical activity! For more information or questions concerning prevention or treatment of heart disease, please call the Texas chapter of the American Heart Association at 512/433-7220 or the San Antonio division of AHA at 210/614-4121.

Liquid energy and optimal performance

Hydration is the key to optimal performance. If you do not drink water before, during, and after exercise, performance can actually become impaired.

2nd Lt. Johnna J. Turner
Special to the News leader

Boost your energy. Revitalize your endurance. Increase your adrenaline. These are just a few of the claims made by various sports/energy drinks. Do these say it all? Not quite. Finally, answers to those often asked questions regarding fluids and optimal performance!

What is the key to optimal performance?

Hydration is the key to optimal performance. If you do not drink water before, during, and after exercise, performance can actually become impaired. Dehydration results, which can lead to loss of appetite, nausea, dizziness, impatience, sleepiness, difficulty concentrating, increased pulse rate, heat stroke, and even death. So it's very important to make sure you get enough fluids to replace what's lost during exercise.

How much fluid should I drink to stay hydrated?

Before exercise, drink 16-20 ounces of fluid at least two hours prior to exercising. Additionally, drink 14-16 ounces fifteen minutes before exercise. This will help maintain your level of hydration throughout exercise and help you perform best.

During exercise, drink enough to replace at least 50 percent of fluid losses. You can accomplish this by drinking 4-6 ounces of cool liquid every ten to fifteen minutes.

After exercise, replace fluid losses by drinking 16 ounces of liquid for every pound of weight lost.



What are the benefits of water?

Water is the appropriate fluid of choice to rehydrate you and help keep you performing your best. It is inexpensive and almost always readily available. Water is most beneficial during exercise lasting less than 60 to 90 minutes including football, hockey, basketball, and track. At this point you have plenty of energy stores in your liver and muscle to provide energy during the event so a sports drink with additional carbohydrates and calories is not necessary.

When are sports drinks beneficial?

During situations of continuous exercise lasting longer than 90 minutes such as a marathon or long-distance cross-country skiing, a sports drink would be beneficial. As you exercise, your body uses carbohydrate stored in the liver and muscle for energy therefore exercising for extended periods of time may deplete these stores. You may have heard this referred to as "hitting the

wall." Sports drinks are used to supplement carbohydrates and electrolyte needs during prolonged exercise. This is important to help you concentrate and remain focused. There are several commercial sports drinks available that provide anywhere from 4-17 percent carbohydrate concentration.

Helpful tips to choosing

a sports drink:

- Choose a sports drink with 4 percent to 8 percent of carbohydrates and electrolytes. The more concentrated drinks can actually restrict or delay fluid absorption. You can determine percent carbohydrate concentration by reading the nutrition label on the back of most commercial sports drinks.
- Avoid sports drinks that contain fructose as the only source of carbohydrate because fructose is not used as quickly as other carbohydrates for energy. Fructose may also cause delayed stomach emptying and an upset stomach.
- When using fruit juices as a sports drink, dilute the juice with an equal amount of water. This is recommended because most juices have a high carbohydrate content, which slows absorption and can lead to stomach cramps.
- Most sports drinks provide

several servings per container. This disguises how many excess calories you're actually drinking. The amount of sugar found in these drinks often equal or exceed amounts found in sodas and fruit drinks. Be sure that you read labels and know what your sports drink is made of.

- Don't confuse "sports" drinks with "energy" drinks. Energy drinks often contain up to 100 to 160 calories per cup, which is about twice that of a sports drink. Beware of energy drinks containing stimulants such as guarana and caffeine as they act as diuretics that increase your risk of dehydration and may also lead to an increased heart rate and high blood pressure.

Keep these tips in mind when you're playing softball this spring or you are out running the Combat Medic Run in July! Whether you choose water or a sports drink, be sure that you get plenty of fluids.

Updated deployment medication information sheets

The Army Family Action Plan Conference previously identified the need for soldiers and/or families to have access to information pertaining to side effects of immunizations and other medications that are required prior to major deployments. In response to this need, the U.S. Army Center for Health Promotion and Preventive Medicine created Internet access to Deployment Medication Information Sheets in 1998. These reformatted easy-to-read information sheets provide basic information in laymen's

term on deployment medications, including vaccines, preventive medications, and insect repellents. The basic information includes the following:

- The purpose and requirement for the medication/vaccine.
- Instructions on how to take the medication/vaccine.
- Typical side effects commonly experienced.
- Precautions associated with the specific medication/vaccine to include pregnancy and/or breastfeeding information.
- Drug interactions associated with the medication/vaccine.

- If dosage is missed while taking the medication
- A notes section which contains other information particular to the medication/vaccine.

The DMIS web page has been reformatted and updated to include links to other websites for additional information. The sheets are directly accessible by a link <http://chppm-www.apgea.army.mil/dmis/> on the USACHPPM Home Page. Comments on the information provided by DMIS are encouraged.

Self-defense class teaches delay and depart

By Richard Zowie
Special to the News Leader

Data released recently from the San Antonio Police Department Uniform Crime reports and the Rape Crisis Center might give women incentive to learn self-defense.

The SAPD reported a 7.9 percent increase of forcible rape in 2001, a 20.1 percent increase of aggravated assault and a 20.7 percent increase in crimes against persons.

The crisis center reported that 999 Alamo City women in 2001 were hospitalized with injuries due to sexual assault, a 13.9 percent increase from the previous year.

"Most of the time the women are assaulted, it's not because the women aren't strong or can't defend themselves," explained Rocky Toves, who teaches a women's self-defense class. "It's because they're scared.

"My technique in women's self defense is teaching them to channel their fear into energy," he added. "By doing this, it will actually help to increase their strength."

With this in mind, the 21-year Air Force veteran uses the self-defense class to teach women what he calls his "Pet D's": Delay the adversary and depart out of the area.

Toves added that the class would especially be beneficial to single women, women who work at night and women who are single parents.

The instructor knows something about defending himself. The Queens, N.Y. native remembered a childhood where he frequently was beat up while living with his grandmother in a bad neighborhood in Puerto Rico. When he went to live with his mother in New York, she enrolled him in karate school.

Since then, he has studied various forms of the martial arts: Kenpo, Gojuru, Tae Kwon Do, Arnis De Mano and Soo Bahk Do Moo Duk Kwan.

Toves currently is a senior third-degree black belt in Moo Duk Kwan and holds a first-degree black belt in Tae Kwon Do.

He has taught the self-defense class on Randolph Air Force Base for three years. Each class consists of three sessions, each lasting from one hour to an hour and 20 minutes. In the first session, Toves has the ladies meditate and learn how to focus to convert their fear into energy and using "hip motion" for additional added strength.

In the second session, he teaches them the strikes they can use for self-defense. Toves teaches the ladies how to use their knuckles, their heels, the balls of their feet, their



Courtesy photo

elbows, the palms of their hands and their closed fist. They then spend more than an hour drilling the techniques.

"What I do is teach the ladies about themselves and about their bodies, the parts of their bodies they know about but weren't aware they could use for self-defense," explained Toves. "All of this is so easy to use, and it takes very little force. It doesn't matter how big the person is; a few pounds of pressure or a quick snap of those strikes focused on the right place can disable the aggressor in enough time for the lady to take off."

In the third session, Toves works with the

ladies to help them apply all they've learned in both prior sessions. He also teaches them basic moves on how to thwart an attacker's attempt to grab them from either hand, behind, with both hands or using the frontal choke position.

"What the ladies need to know is that I'm not out there teaching martial arts per se," added Toves. "I'm a martial artist who's teaching basic self-defense that anyone can learn. It's not a martial art, it's effective, basic self-defense. And it works every time."

For more information on the women's self-defense class, contact the fitness center at 652-5316.

"Most of the time the women are assaulted, it's not because the women aren't strong or can't defend themselves. It's because they're scared.

My technique in women's self defense is teaching them to channel their fear into energy. By doing this, it will actually help to increase their strength."

**Rocky Toves,
women's self-defense instructor**

◀Rocky Toves demonstrates the proper way to extend an arm when employing a back fist strike during Women's Self-Defense class.

To Get Started:

For more information on the women's self-defense class, contact the fitness center at 652-5316.

Accident prevention is everyone's responsibility

Army Regulations 385-10, The Army Safety Program; AR 385-40, Accident Reporting and Records; and Fort Sam Houston (FSH) Regulation (R) 385-10, Occupational Safety and Health Program, provide procedures for identifying accidents and incidents for the protection and preservation of Army personnel and property and further the FSH accident prevention program.

These regulations apply to all personnel including military, civilian and contractor employees, dependents of DoD personnel while on Fort Sam Houston and Camp Bullis and visitors to both locations.

Accidents are an unacceptable impediment to the FSH mission. By following FSH accident reporting procedures, an effective accident prevention program

can be established that can prevent recurrence of the accident.

An accident is an unplanned event that causes personal injury or illness, or property damage. A Class A accident is one in which the total cost of government property damage is \$1,000,000 or more; or an injury and/or occupational illness that results in a fatality or permanent total personnel disability.

A Class B accident is one in which the resulting total cost of government property damage is \$200,000 or more, but less than \$1,000,000. An injury and/or occupational illness that results in permanent partial disability.

Or when three or more personnel are hospitalized as inpatients as the result of a single occurrence.

A Class C accident is one in which the resulting total cost of

property damage is \$10,000 or more, but less than \$200,000. One in which a nonfatal injury that causes any loss of time from work beyond the day or shift in which it occurred. Or when a nonfatal occupational illness that causes loss of time from work (for example, 1 work day) or disability at any time (lost time case).

A Class D accident is one in which the resulting total cost of property damage is \$2,000 or more but less than \$10,000.

An injury is defined as a traumatic wound or other condition of the body caused by external forces, including stress or strain. The injury is identifiable as to time and place of occurrence and member or function of the body affected, and is caused by a specific event or incident or series of events or

incidents within a single day or work shift.

A near miss is an incident where no injury or property damage occurred but could have if circumstances (timing or position) had been a little different; near misses are precursors to accidents.

Fort Sam Houston's Accident Reporting Program

Notification procedure:

- Personnel notify their supervisor and the Installation Safety Office (ISO) of accidents or near misses they, their fellow employees, dependents, or visitors were involved in.

- Contractors notify the Contracting Officer who notifies the ISO.

- The ISO Web site, <http://www.cs.amedd.army.mil/iso>,

provides additional reporting and investigation guidance. Use of the electronic reporting form is available this web site and use of it is highly encouraged.

Investigation procedures:

Investigating the accident/near miss follows a detailed, systematic search to uncover the "who, what, when, where, and how" of a loss producing event. Investigations are conducted to obtain critical information that can be used to prevent occurrences of similar accidents or near misses.

Supervisors, with the assistance of the CDSO, conduct the investigation following FSHR 385-10. For further assistance please contact Guadalupe Gomez at 221-9882 or by email at GuadalupeGomez@CENAMEDDARMY.MIL to verify that all incidents have been brought to the ISOs attention.

Fifth Army hoopsters seek challenge in quest for repeat

By Master Sgt. Don Thomas
Special to the News Leader

If BAMC III is typical of the opponents Fifth Army will face in the upcoming intramural basketball playoffs, Fifth Army should march undistracted to their second straight post-wide championship.

Sporting an 11-0 record, Fifth Army needed less than a half to put down BAMC III's challenge on their way to a 70-41 blowout, Feb. 18, at the Jimmy Brought Fitness Center.

In the game's early goings Fifth Army's 2-3 zone proved too tight and too tall as BAMC III either threw the ball away or had it swatted away by Fifth Army's 6-foot-6 center, Charles Moore. Moore's three first-half blocks led a Fifth Army defense that held BAMC III to 12 halftime points. His 12 points and outlet passes to quick-footed guard Jacolbi Thomas and forward Teward Humphries, helped Fifth Army post a 21-point half-time lead.

Fifth Army's William Campbell poured in 24 to lead all scorers. Player/coach Don Simpson led the BAMC III effort with 18.

After scoring the game's first basket, BAMC III allowed Fifth Army to go on a 13-0 run the first of several throughout the game. Simpson said BAMC's undersized five

just settled into the wrong style of basket-ball.

"Those guys had the size, they had just a little bit more quickness. We tried to play control, but we got mixed up in their game of running. We got turnovers and they got the points. At least we can look forward to competing in the tournament," said Simpson.

Just someone who can compete is all Fifth Army has begged for the whole season, according to Moore. "We haven't lost a game. We have the dominant team on this post, so there shouldn't be any competition in the tournament," said Moore, who speculated that any Fifth Army loss would be a result of the team beating itself.

playing team ball it is pretty easy, but when we go into our selfish mode it's a hard game."

► William Campbell, Fifth Army, shoots for two of his 24 points to lead all scorers as his team beat BAMC III in intramural basketball Feb. 18 at the Jimmy Brought Fitness Center.

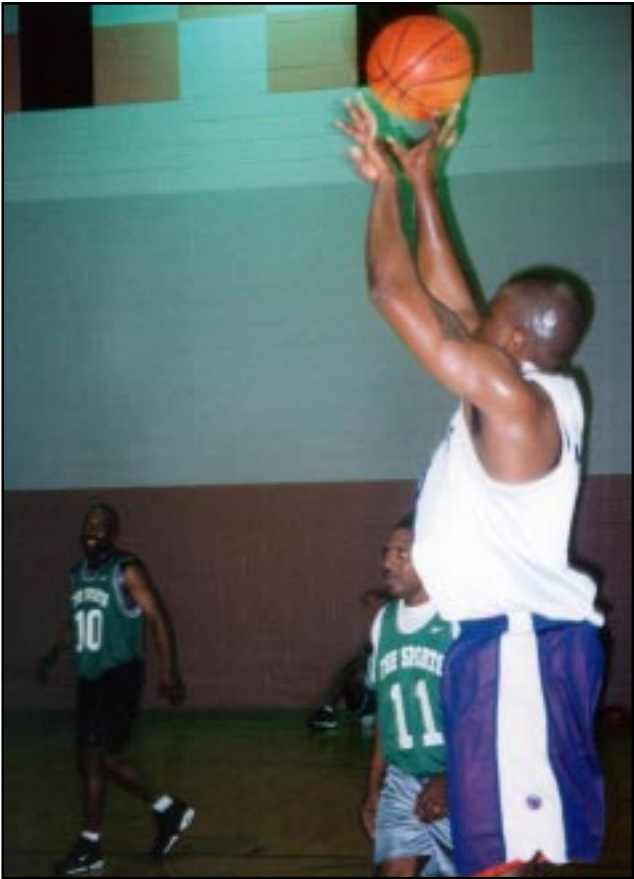


Photo by Master Sgt. Don Thomas

Sports Shorts

▼
Women's Varsity Softball - Players are needed for the women's softball teams.

Lifeguard Training Classes - Lifeguard training will be held during Spring Break. Cost is \$130 and includes books and all materials. Classes will be held at the Jimmy Brought Fitness Center indoor pool.

Intramural Spring Softball - A meeting for coaches will be held on March 25 at 1 p.m. at the Jimmy Brought Fitness Center. The league begins April 8.

Bench Press Contest - A Bench Press contest is scheduled for March 16 at 10:40 a.m. at the Jimmy Brought Fitness Center.

For more information on the above sports contact Earl Young at the Jimmy Brought Fitness Center at 221-1180 or e-mail eyoung@cenamedd.army.mil

Aerobation - Sign up now for three hours of non-stop aerobics at the Jimmy Brought Fitness Center on March 23, from 10 a.m. to 1 p.m. Entry fee is \$10 and includes T-shirt for all participants.

For more information:

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Call Lucian Kimble at 221-1234 or e-mail lucian.kimble@cenamedd.army.mil

To join the mentor program:

▼
Go to:
The Fort Sam Houston Mentor Program office, in the Installation Chaplain's office, Bldg. 2530.

Call:
Iva Winslow or Nancy Moore, Mentor Coordinator at 221-5005 or 5007.

Youth Happenings

Volunteer Coaches

It's that time of year again. Fort Sam Houston Youth Services is looking for volunteer coaches for baseball. Youth Baseball, Softball and T-ball are for youth ages 3 through 18. Background checks and training are required to coach. If you are interested in working with the YS sports staff and the youth of the community call 221-5513 or 221-3502 or come by the Youth Center, Bldg 1630 for an application and to set up an interview.

Baseball Registration

Baseball registration will be

held now through March 8, 10 a.m. to 7 p.m. at the Youth Center, Bldg. 1630. Youth ages 3 through 18 are eligible to register. The cost is \$45 for the 1st child, \$40 for the 2nd child and \$35 for the 3rd child. Birth Certificates, current physicals and a \$15 Child and Youth Services annual registration fee is required to register. For information call 221-3502 or 221-5513.

YS Spring Break Camp

A Spring Break Camp for Middle School youth in grades 6th through 9th will be held from March 11 through 15. The cost will be \$10 per day

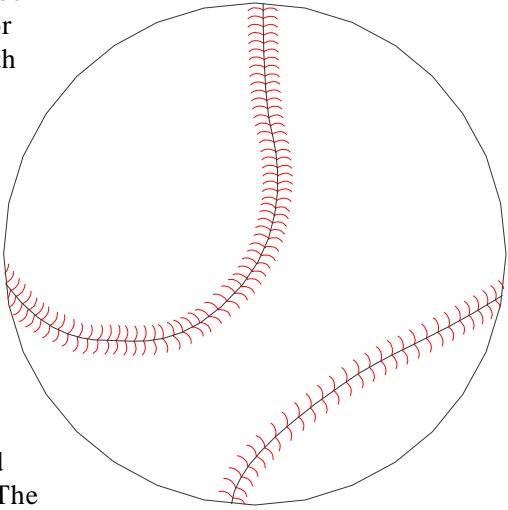
and will include breakfast, lunch and a snack. The camp will run from 6 a.m. to 6 p.m. The sign up deadline is March 1. Trips to Enchanted Rock and other beautiful places are planned. For information call 221-3502 or 221-5513.

Teen Talk

Teen Talk is scheduled every Thursday from 5 to 6 p.m. at the Youth Center. Got an important issue? Bring it to this forum and discuss it with the teens and our Family Advocacy staff.

New Youth Services Registration Card

Youth Services will be taking pictures daily for the new Child and Youth Services registration card. The CYSD Card will be used to enter the Youth Center on a daily basis. Each youth will swipe his/her card at the table by the front door beginning March 1. Cost for CYSD registration is \$15 for 1st and 2nd child and \$5 for 3 or more. The Total family registration will not exceed \$35.00 per year.



For more information, call 221-3502.

ACAP hosts second career seminar

Dick Crampton, deputy director of the Officer Placement Service for The Retired Officers Association, an expert on transitioning from military to civilian employment, will be at Blesse Auditorium on March 12 from 9 to 11:30 a.m. to talk about "Marketing Yourself for a Second Career".

Crampton introduces the audience to

the realities of the competition in the civilian job market; the perceptions civilian employers have of military personnel; a plan for the job search; tips for strengthening the resume; networking plans; preparing for and conducting a successful interview; and salary negotiations and benefits packages.

The lecture is presented annually at

more than 100 military installations worldwide. It is up-to-date, hard-hitting and sharply focused. It is a "must attend" for anyone contemplating retirement within the next two to three years.

This free seminar is not just for officers and senior NCOs. All military personnel, DoD civilian employees and family members are welcome and

For more information:

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Call the Army Career and Alumni Program Center at 221-1213.

encouraged to attend. Receive a free copy of the publication, "Marketing Yourself for a Second Career."

Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

Assistant Auditor. New Braunfels. Requires a thorough knowledge of accounts payable, accounting, and auditing procedures. Two years of experience in financial operations or 30 months of progressively responsible clerical, secretarial or financial experience, preferably with a government entity needed.

Veterinary Office Manager. San Antonio. Hospital primarily handles emergencies and surgeries in a growing equine practice. Prefers a BBA graduate with at least three years experience in accounting/managing.

Infusion Therapy Specialist. San Antonio. Will call on the hospital market with key calling points of pharmacy, critical care, ER, surgery center, central supply & purchasing, as well as infection control.

Electrician. San Antonio. Responsible for performing skilled work in the installation, alteration, maintenance and repair of electrical systems, motors and related equipment and the maintenance of air conditioning systems.



Fort Freebies

All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: news.leader@amedd.army.mil or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.



For Sale: 1995 Suzuki GS500E motorcycle, 5,300 miles, new tires, runs great, \$1,600. Call 333-1201.

For Sale: Cherrywood dinette set, seats 6, \$500; Small Hammond Organ 124XL, \$300; small refrigerator, \$60; two oak bar stools 36" height, \$55; microwave, \$40; recliner \$25. Call 653-1780.

For Sale: 1999 GMC Sierra SLT, 45,000 miles, extended cab, 5300 engine, leather seats and much more, \$16,000. Leave message at 662-6293.

For Sale: Four Mickey Thompson polished aluminum rims, 15 X 7 for Ford Ranger. Uniroyal P245/60-15 tires, all for \$200. Call 637-4745 or 494-8401.

For Sale: Like new side-by-side white KitchenAid large 25.5 cubic feet refrigerator-freezer, automatic defrost, \$875. Call Jack Shircel at 885-3159.

For Sale: Brick home, 3,843 square feet, four/five bedrooms, 3 full baths, two-car garage, covered patio and landscaped yard. Northeast school district, close to Fort Sam Houston and Randolph AFB, \$179,000. Call 491-0534.

For Sale: House located at 4203 Misty Springs, \$70,000 obo. Call 661-2447 or 916-5379. Located just ten minutes from Fort Sam Houston and Randolph AFB.

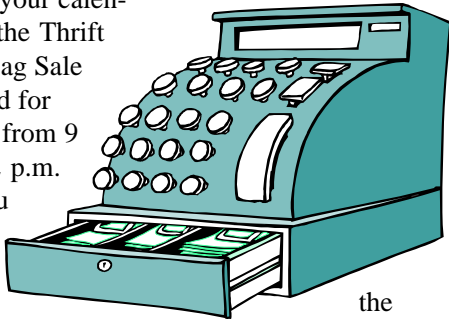
For Sale: Three bedroom house on 1019 Olney Drive, one full bath, central air-conditioned and security features. Available immediately, \$51,000. Call (254) 699-9355.

For Sale: Like new refrigerator with ice maker. \$225 Call 916-2482 or 822-4035.

Yard Sale: Big multi-family yard sale in Kirby. 2415 Deer Grove (between Swann and Borchers) March 2 from 8 a.m. to? For directions call 723-8383.

Bag sale at Budget Shop of Post Thrift Shop

Mark your calendars for the Thrift Shop's Bag Sale scheduled for March 9 from 9 a.m. to 2 p.m. After you select the items



you want from the Budget Shop a friendly volunteer will bag your items and you pay only \$3 per bag. Only items in the Budget Shop will be part of the Bag Sale. The rest of the Thrift Shop will be open for business as usual. Consignments will be taken from 9 a.m. to noon.

Many volunteers from Cole Junior/Senior School and parent groups will be on hand to assist that day. Visit the Thrift Shop and help support

the many community activities that receive donations from the Thrift Shop. You'll find many bargains and maybe "just the thing" you've been looking for!

The deadline for welfare applications is 2 p.m. on March 21. No late entries will be considered. Applications can be picked up and dropped off at the Thrift Shop office. The Thrift Shop is located on Liscum Road (behind the Quadrangle), Bldg. 230.



¿Que Pasa?



Community events

“Something’s Afoot” now showing at the Harelquin Dinner Theatre

The Harlequin Dinner Theatre is featuring “Something’s Afoot,” a musical Wednesday through Saturday evenings now through March 23. Prices are \$26.95 on Friday and Saturday and \$23.95 on Wednesday and Thursday. Military discounts are available. To make reservations, call 222-9694.

Book Signing at AMEDD Museum Gift Shop, March 1

Retired Brig. Gen. Clara Adams-Ender will be at the Army Medical Museum Gift Shop on March 1, to sign copies of her inspirational book, “My Rise to the Stars,” from 1 to 3 p.m. For more information call Cheryl Musket, Gift Shop Manager, at 225-0015.

Rocks Inc. sponsors scholarship dinner and dance, March 1

The Rocks Inc. is sponsoring their annual scholarship dinner and dance on March 1 from 7:30 p.m. till midnight at the Randolph Officers Club. This semi-formal event will feature retired Brig. Gen. Clara Adams-Ender as the guest speaker. Cost is \$ 20 per person. For information and tickets, call Lt. Col. John Morse at 916-1767.

Celebrate Czech Heritage, March 3

The Bexar County Czech Heritage Society will host a Czech Heritage Dance featuring Leo Majak and his orchestra on March 3 from 3 p.m. to 7 p.m. at the Martinez Social Club, 7791 FM 1346, San Antonio. Admission is \$6 for adults and children under 12 are free. For information call Lupe or Frank Jasek at 349-8979.

Government Hill Community celebrates historic designation, March 9

The Fort Sam Houston Commercial District and other community groups are sponsoring a festival celebrating the recent “Historic” designation of the neighborhood and to promote area businesses. The event, “Celebrate Government Hill- A Dance Festival” will be held March 9 from noon to 6 p.m. The open-air festival will be held along North New Braunfels between IH 35 and Grayson Street and will feature various musical performers and ethnic dance troupes, ethnic food booths, artists and craft booths. Businesses along North New Braunfels will be open and offer a variety of specials.

Diane Smilgin, President of the Fort Sam Houston Gateway Business Association says, “This neighborhood has so much to offer, and this is an opportunity to showcase our assets. We think our recent designation as a Historic District will begin to attract people to the neighborhood; construction along North New Braunfels will be completed; and we want to show off our new streetscape amenities. Our theme, “We’re Historic and We’re Dancing in the Street” captures the enthusiasm we feel about our community and our ability to withstand several obstacles last year.”

The event is family oriented, and there is no admission fee. Parking is available along the side streets and in the Bank of America parking lot.

FSH Officers’ Civilian Spouses Club Luncheon, March 19

The FSH Officers’ Civilian Spouses Club will host a Joint Services Luncheon on March 19 at 11 a.m. at the Officers’ Club. The guest speaker will be Wendy Rigby of KENS-5 TV. For reservations, call Brenda Hebron at

444-0259.

“The Capitol Steps” showing at Laurie Auditorium, March 24

The Barshop JCC Performing Arts Series presents the funniest musical political satire troupe, “The Capitol Steps” on March 24 at 7:30 p.m., Laurie Auditorium 715 Stadium Drive. Admission is \$50, \$45, and \$40 Orchestra and \$25, \$20 Balcony seats. For information call 302-6828 or purchase tickets through Ticketmaster at 224-9600 or the Laurie Auditorium Box Office.[Volunteers Needed](#)

Volunteers needed

Calling all single soldiers to join BOSS

The Better Opportunities for Single Soldiers Meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee is established at an installation to furnish soldier input to the commander, who uses committee recommendations as the basis for improving single soldier MWR programs and enhancing the quality of life. For more information, please contact the current BOSS president Spc. Jeffrey Briere at 637-2229 or Sgt. Lorna Lewis 916-3344.

Botanical Center sponsors children’s garden

Spring Garden Sessions meet every Saturday from 9 to 11 a.m. until early June. This is a great opportunity for children ages 8 to 13 to learn about basic vegetable gardening from experienced gardeners. Topics taught include basic organic gardening, soil preparation, planting, watering and harvesting. Participants should be committed to attend every week. The registration fee is \$5. For information call the San Antonio Botanical Center at 207-3255.

Volunteers for Habitat for Humanity of San Antonio sought

One hundred volunteers are needed for a Habitat for Humanity landscape project. Youth 14 and older and adults may join in this worthwhile project, which will be held on March 2 from 8 a.m. to 3 p.m. at Plaza Florencia are in San Antonio. Volunteers are needed to put sod, plant flowerbeds and other gardening projects. Interested volunteers should call William Kirkpatrick at 354-2176 or e-mail habitatsa@hotmail.com

Runners sought for Washington D.C. Marathon

Runners interested in joining a group to train for and to run the Inaugural Washington D.C. Marathon scheduled for March 24 should contact Sgt. Lorna Lewis via e-mail to lorna.lewis@cen.amedd.army.mil or call 916-3344 or 930-4426.

In the classroom

SAEDA training required biennially

In accordance with Army Regulation 380-5 Department of the Army Information Security Program and army Regulations 381-12, Subversion and Espionage Directed Against the U.S. Army (SAEDA), all Department of the Army personnel, military and civilian regardless of clearance and or access level held will receive SAED training at lease biennially. The Readiness and Logistics Business Center’s counterintelligence and Security Office will be offering this training on March 27, June 26, and Sept 25. Training will last approximately one hour.

Request unit representatives provide RLBC training Division with a list of individuals requiring SAEDA training and date available for training. For information call Edward Hrna at 221-1620 or e-mail: edward_hrna@amedd.amary.mil

Job skills training for family members

Family Member Employment Assistance provides resume and job search assistance with one-on-one counseling tailored to the needs of the individual.

Training is computer and video-based allowing individuals to learn at their own pace. For an appointment, call Pat Fory at 221-0516. Openings exist for morning and afternoon training sessions.

Learn more about benefits

Soldiers whose Date Initially Entered Military Service (DIEMS) is on or after August 1, 1986, should attend a briefing on the Career Status Bonus, Reduced Retirement Plan and Thrift Savings Plan. Transition Services offers monthly briefings in Bldg. 2267 at 9 a.m. on the following dates: Mar. 12, Apr 16, May 14, June 11, July 16, Aug. 13 and Sept. 17, 2002. To attend a briefing or obtain more information, call 221-2467 or 221-0936.

ESL classes taught at the Roadrunner

English as a second language classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

Marriage Retreat set for March 1,2,3 in Kerrville, Texas

The Chaplain Family Life Center is sponsoring a Marriage Retreat at the Inn of The Hills, Kerrville, Texas on March 1-3. Enjoy a weekend enhancing your marriage. For information call 221-5426 or e-mail Ethan.Newlun@cen.amedd.army.mil

Home buying seminar, March 12

The Family Housing Office will sponsor a home buying seminar at noon on March 12 at the Roadrunner Community Center, Bldg. 2797. Bring a sack lunch and enjoy an interesting and informative seminar. For more information, call 221-2341.

School Age Services Spring Camp March 11 - 15

The School Age Services will hold a Spring Camp March 11 through 15. The camp is open to children in grades 1-5 with a current Child and Youth Services Registration and there are limited spaces available. Cost will vary based on family income. Call 221-4466 for more information.

Free art classes for talented young students

The Artist-in-the-Making program continues through April 26 at the Ella Austin Community Center. This program is a free program for children in grades 5th through middle school who like to draw paint or sculpt and want to learn from a professional artist. For more information call Loida Molloy at 224-2351.

Otras Cosas

Apply for a TROA scholarship

Military children of active duty service members are eligible to apply for The Retired Officers Association Scholarship program. Students must be under age 24 and working their first undergraduate degree. Grants are based on scholastic merit and leadership qualities, not financial need. To apply visit the web site: www.troa.org., look for “Educational Aid” on the opening page of the TROA web site. Deadline for submission is midnight March 1.

USO offers income tax services for active duty service members

The San Antonio USO is offering free income tax preparation assistance for active duty military personnel every Saturday through April 13 from 10 to 11 a.m. Appointments made be made by calling 227-9373. The USO Center is located at 420 East Commerce Street, downtown San Antonio.